

Flash Eurobarometer

OSH Pulse

Occupational safety and health in
the era of climate and digital change

EU27 (25 688 interviews) | 31.03.2025-14.04.2025 | Methodology 



Stress and mental health at work

Share of workers reporting exposure to psychosocial risks

Severe time pressure or overload of work **44%**

Lack of rewards (e.g. pay, career opportunities, recognition) for all the efforts put in their job **34%**

Poor communication or cooperation within the organisation **29%**

Lack of autonomy or lack of influence over the workplace or work processes **17%**

Violence or verbal abuse from customers, patients, pupils, etc. **16%**

Harassment or bullying **8%**



% of workers agreeing that...

48%

disclosing a mental health condition would have a negative impact on their career



58%

they would feel comfortable speaking to their manager or supervisor about their mental health

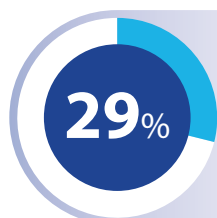
16%

they might lose their job in the next 6 months

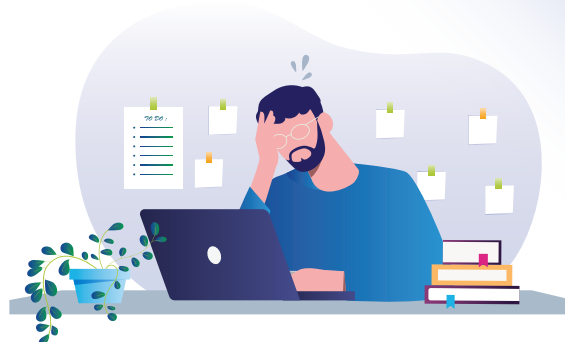
Work-related health problems

Overall, **65%** of workers experienced health problems caused or made worse by work in the last 12 months

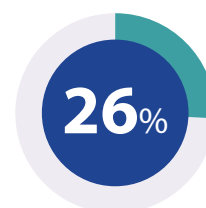
More specifically....



of workers experienced **stress, depression or anxiety** caused or made worse by their work



Digital platform workers



of those relying on platforms for most or part of their income experience **stress, depression or anxiety**

Top three affected sectors



31%

Services relating to education



31%

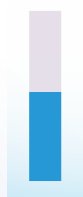
Services relating to health or social care



30%

Agriculture, horticulture, forestry or fishing

Workplace initiatives to address stress at work



53%



Awareness raising, information or training on well-being and coping with stress



45%

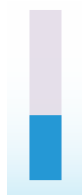


Consultation of workers about stressful aspects of work



40%

Access to counselling or psychological support



35%

Other measures to address stress at work (e.g. changes in work organisation, setting priorities, better communication, etc.)